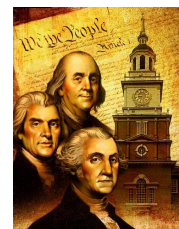


JUNE, 2017



THE FRANKLIN Connection

MONTHLY NEWSLETTER



The Franklin Senior Center
10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038

PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am-4:00pm

The Common Grounds

Café

Breakfast 8:30-10:00am
Lunch 11:30-1:00pm

Ben's Bounty



**New,
Larger
Gift Shop**

Mon-Fri 10:am-2:00pm



FACEBOOK:
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TWITTER:
@FranklinSrCntr

TOWN WEBSITE:
<http://www.franklinma.gov/franklin-senior-center>

DR. GARY HYLANDER PRESENTS THE DECLARATION OF INDEPENDENCE

On July 4, 1776, the Declaration of Independence was approved by the Second Continental Congress. Never before had a new government been brought into being by a proclamation declaring that the very ends and purpose of government are the life, liberty and happiness of those governed. Drafted by Thomas Jefferson, the Declaration still captures the spirit of America's promise to itself and to the world. Join us on Friday, June 30, at 10:00 a.m. when **Gary Hylander, Professor of History at Stonehill College**, will lecture on this important and timely topic. Please call to sign up for this lecture.



ELDER LAW PRESENTATION: TAKING CONTROL OF YOUR FUTURE

Join us on Tuesday, June 27, at 10:00 a.m. when an Elder Law Attorney, John G. Dugan, will present information about a wide range of legal issues affecting the lives of seniors, including: Veterans' Aid and Attendance Benefits, Long Term Care Insurance, Reverse mortgages, Medicare Part D/Medicaid, Long-Term Care Regulations and Resident Rights, and Alternatives to Nursing Home Care. An updated resource guide will be distributed. Many thanks to the Massachusetts Bar Association for sponsoring this event. Please call to sign up.



NONAGENARIAN & CENTENARIAN CELEBRATION

Join us in honoring our 90+ year olds and some folks who are 100 years old, at our annual luncheon, which is scheduled for Friday, June 23, at 10:30 a.m. We will be serving a delicious luncheon of Chicken Primavera and enjoy entertainment provided by **The Treblemakers**, a Dixieland band. Our honorees and their guests are free of charge, but others can purchase tickets for \$6 each at the Center through Friday, June 16. We look forward to seeing you there!

UPCOMING EVENTS....

FRIDAY, JUNE 2: THE SOCIAL CIRCLE meets at 10:00 a.m. Help us make a friendlier day!

FRIDAY, JUNE 2 & 9: HELP WITH SMARTPHONES & TABLETS offered by Horace Mann students at 2pm. Get your questions in before they go on summer break! Call to sign up.

**HAPPY
FATHER'S
Day!**

MONDAY, JUNE 5: BOOK DISCUSSION GROUP discusses *The Wedding Dress* by Rachel Hauck at 11:00 a.m.

MONDAY, JUNE 5: GENEALOGY WORKSHOP with Toni at 10:00 a.m.; use our Computer lab for research.

TUESDAY, JUNE 13: LOW VISION SUPPORT GROUP meets at 1:00 p.m. Our speaker is the Library Coordinator for the Perkins Talking Book Library, which loans a simple-to-use audio player and a broad array of large-print and braille books and magazines for free! Instruction on how to use the player will be provided. Call to sign up.

WEDNESDAY, JUNE 14: SENIOR PLAYERS PRESENT staged readings from *Prisoner of Second Avenue* by Neil Simon and *The Gin Game* by Donald Coburn at 11:00 a.m. Refreshments will be served; call to sign up.

THURSDAY, JUNE 15: MEMORY CAFÉ, A POSITIVE PLACE at 3:00 p.m. A welcoming place where those living with memory changes can enjoy a few hours of socializing. We will play "Name That Tune" and enjoy refreshments. Please call to sign up.

FRIDAY, JUNE 16: POETRY DAY WITH HORACE MANN 6TH GRADERS at 10:00 a.m. We really enjoy this annual event! Middle School students recite wonderful poems of their own composition as well as poems from renown authors. Please call to sign up.

TUESDAY, JUNE 20: INTRO TO FACEBOOK with Ian at 10:00 a.m. Ian will be doing a class & one-on-one instruction. It's a fun and easy way to stay in touch with your family. If you have a laptop, bring it. Call to sign up.

FRIDAY, JUNE 23: NONAGENARIAN CELEBRATION at 10:30 a.m. See page 1.

TUESDAY, JUNE 27: TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP at 10:00 a.m. See page 1.

WEDNESDAY, JUNE 28: SOCIAL CIRCLE HOSTS MEET & GREET PIZZA LUNCH at 12 noon. Our group seeks to forge friendships and offer information on programs and activities. If you would like to meet new friends or if you are new to the Center, come by for pizza and learn about all we offer! Call to sign up.

FRIDAY, JUNE 30: THE DECLARATION OF INDEPENDENCE with **Professor Gary Hylander**, at 10 a.m.; see page 1

ODDS & ENDS:

- **ATTENTION: GRANDPARENTS RAISING GRANDCHILDREN!** We plan to start a Support Group to help provide resources and emotional support. Please call if you would be interested in attending.
- **TAKING OFF POUNDS SENSIBLY** offers guidance & support in your weight loss efforts; Fridays @ 12:30 p.m.
- **REIKI**, a gentle healing art; offered on Fridays at 10:30 a.m. \$20 for 15mins
- **BOCCE IS PLAYED** on Tuesdays at 9:30 a.m.
- **WELCOME TOUR:** Call to arrange a Tour of the Center, or even a "Buddy" if you want to attend an activity or event!
- **BRAIN GAMERS** enjoy fun, challenging games; 1st & 3rd Fridays, 10 a.m.
- **CORNHOLE (BEAN BAG TOSS) IS FUN!** Mondays at 9:00 a.m.
- **LINE DANCING** on Wednesdays is \$2; beginners at 1p.m., advanced at 2p.m.

SAVE THESE DATES!

- **JULY 24: THE SOUTHEASTERN MA COMMUNITY CONCERT BAND** performs. Ice Cream Sundaes at 6pm - concert starts at 7pm! Thanks to the **Franklin Cultural Council** for sponsoring this event. Please call to sign up.
- **OCTOBER 6: WMRC SENIOR EXPO** at the Franklin Senior Center! The Expo will be bigger and better this year with our additional space so mark your calendar. More info to follow in the next issue.



COMPANION CAREGIVERS RESPITE PROGRAM

We offer a screened, trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour. This provides socialization and stimulation for your loved one and respite for you. The first visit is free! Call Camille at 508 520-4945.

DAILY SCHEDULE...

| | | | |
|-----------|--------------------------------|--------------------------------------|-------------------------|
| Monday | 9am | Barber/Hairdresser | \$8/\$10 |
| Monday | 9am | Cornhole (Bean Toss Game) | Free |
| Monday | 9am | Mexican Dominoes | Free |
| Monday | 9:30am | Italian Conversation | Free |
| Monday | 10am | Mah Jong | Free |
| Monday | 10am; May 8 | Genealogy Instruction | Free |
| Monday | 11am; 1st Monday | Book Club | Free |
| Monday | 1pm | Volleyball | Free |
| Monday | 1pm | Mah Jong | Free |
| Monday | 1:15pm | Movies | Free |
| Tuesday | 9am | Cribbage | Free |
| Tuesday | 9:30am | Chair Exercise | \$2/class |
| Tuesday | 9:30am | Busy Bees | Free |
| Tuesday | 9:30am | Bocce | Free |
| Tuesday | 10am | Quilting | Free |
| Tuesday | 10am | Spanish Conversation | Free |
| Tuesday | 10am, by appointment | Manicures | \$8 |
| Tuesday | 10.45am | Cardio | \$3; free for Y members |
| Tuesday | 12:30pm | Legal | Free |
| Tuesday | 1pm | Bingo | .50/card |
| Tuesday | 1pm | Cribbage Instruction | Free |
| Tuesday | 1pm; 1st & 3rd Tuesdays | Chess; instruction offered | Free |
| Wednesday | 9am | Trailblazers Walking Club | \$10 annual dues |
| Wednesday | 9-11:00 am | Blood Sugar Testing | Free |
| Wednesday | 10am | Quilting | Free |
| Wednesday | 10am | Knitting: Instruction offered | Free |
| Wednesday | 10am | Scrabble | Free |
| Wednesday | 10am | SHINE (Health Insurance Counseling) | Free |
| Wednesday | 10am | Chair Yoga/Meditation | \$3/\$2 |
| Wednesday | 11am; 2nd Wednesday | Diabetes Support Group | Free |
| Wednesday | 12:30pm | Barber/Hairdresser | \$8/\$10 |
| Wednesday | 12:30pm | Zumba | \$3; free for Y members |
| Wednesday | 1:00, Beginners; 2:00 Advanced | Line Dancing | \$2/class |
| Wednesday | 1:00 | Chair Volleyball | Free |
| Wednesday | 1pm | Senior Scribblers Writing Group | Free |
| Wednesday | 4pm; 2nd & 4th Wednesday | Caregivers Support Group | Free |
| Thursday | 9am | Bridge | Free |
| Thursday | 9 - 12pm | Blood Pressure Clinic | Free |
| Thursday | 9am | Cribbage | Free |
| Thursday | 9:30am | Busy Bees | Free |
| Thursday | 9:30am | Chair Exercise | \$2/class |
| Thursday | 10am | Discussion Group | Free |
| Thursday | 10:45am | Cardio | \$3; free for Y members |
| Thursday | 1pm | Open Art Studio | Free |
| Thursday | 1pm | Bingo | .50/card |
| Thursday | 1:15pm | Tai Chi | \$5; free for Y members |
| Thursday | 3pm; 3rd Thursday | Memory Café | Free |
| Friday | 10am | Woodcarving | Free |
| Friday | 10am; 1st & 3rd Fridays | Brain Games | Free |
| Friday | 10am: 1st Friday | The Social Circle | Free |
| Friday | 10:30am | Reiki | \$20 for 15 minutes |
| Friday | 11am | Zumba | \$3: free for Y members |
| Friday | 12:30pm | TOPS, Taking Off Pounds Sensibly | \$32/year dues |
| Friday | 1pm | Pokeno | Free |
| Friday | 1pm; 1st & 3rd Fridays | Podiatry Clinic | Medicare & Copay |
| Friday | 2pm | Silvertones | Free |



**BREAKFAST
& LUNCH**
served daily
in the
Common
Grounds
Café

**CAFE
CLOSED
on 6/2 &
6/23.
ALSO CLOSED
JULY 3 & 4**



Supportive Day Program



The Sunshine Club

THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or has dementia, call Carol Adiletto or Donna Haynes at (508) 520-4945 for more info.

CAREGIVER'S SUPPORT GROUP - on June 14 & 28 at 4:00 p.m. Participation in the Supportive Day Program is not required for this group and respite care is available during the meeting. Call to sign up and to make a reservation for respite care.

MEMORY CAFÉ is offered on the 3rd Thursday of the month at 3:00 p.m. This is a welcoming place where those with memory loss and their care partners can socialize and enjoy a pleasant social time; call to sign up.

Trips...

| Date | Destination | Details | Cost |
|---------|--|---|--|
| 6/1/17 | Twin River Casino Lincoln, R.I. | Enjoy slots & simulcast races and more! | \$5/person, transp. only |
| 6/8/17 | Whale Watch, Plymouth, MA | Enjoy an exciting cruise to see majestic whales with Captain John. Lunch at Anna's Harborside Grille. | \$44/person; for cruise & transportation. |
| 7/20/17 | Voices of Legends Show with Eric Kearns | A terrific vocalist who does the hits of Frank Sinatra, Dino, Elvis, Neil Diamond, Tom Jones, & many more! | \$70 includes lunch, show & transportation. |
| 8/12-13 | Red Sox vs. Yankees at Yankee Stadium & Liberty & Ellis Island tour | Main level, reserved seats at Yankee Stadium and trip to Liberty & Ellis Islands & museum. Includes 1 night lodging with breakfast, ferry ride & admission. | \$359ppdo, \$459 single, \$339 triple Final payment by 7/17/17 |

TRIP POLICY: Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.

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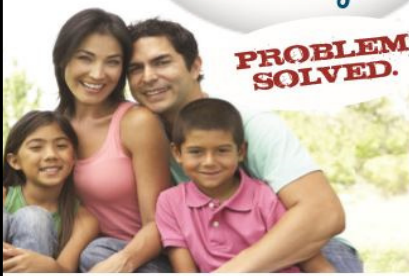
Celebrate life...

For more information, call Alissa Sultum, LSW,
Director of Community Relations at 508.958.0301
or sultuma@elderservices.com

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Elders. We know that by taking action and
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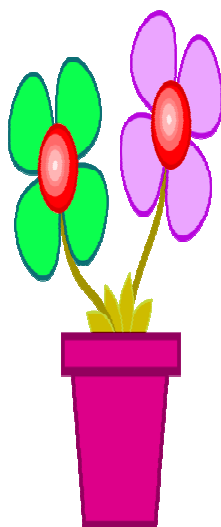
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Information & Referral...

- ♦ **FRANKLIN FIRE DEPARTMENT RESIDENTIAL KEY BOX PROGRAM** offers a key box for your home to be used by firefighters and paramedics for quick access in an emergency. The key box is a commercially made, secure steel box in which residents can place the keys to their home for rapid access by emergency crews. The boxes are secured to the resident's home and their keys are placed inside. The box can only be opened by a single key which is securely kept locked on all fire apparatus and ambulances within the Franklin Fire Department. The cost is \$133 per unit. For more information, please contact the Fire Department at 508 528-2323. 
- ♦ **DID YOU KNOW?** If you call 911 but are unable to speak for any reason, once the call is answered, press 1 if you need police, press 2 if you need fire and press 3 if you need an ambulance. Answer questions the dispatcher may ask by pressing 4 for Yes and 5 for No.
- ♦ **GRANDPARENTS RAISING GRANDCHILDREN CONFERENCE:** This conference will provide you the opportunity to meet, collaborate, share, and learn from grandparents and other relative caregivers as well as social workers, community service providers, state leaders, and more from across the state. This year's Keynote Speaker, local award winning children's book author Jarrett Krosoczka, was raised by his grandparents. You will have the opportunity to attend workshops on a variety of issues focusing on the children being raised by grandparents and other relative caregivers, such as the impact of trauma on children and families, understanding internet safety, accessing educational resources from childhood through young adulthood, how to talk with children about addiction and substance abuse, and more. The conference is planned for: June 7, 2017, 9:00 am - 3:00 pm at the Best Western Royal Plaza Hotel, 181 Boston Post Road, Marlborough, MA, 01752. **The conference is free and lunch is included;** To register, please contact Colleen Pritoni by 6/2/17: colleen.pritoni@state.ma.us or call (617) 748-2454.

In Appreciation

- **The Friends of Franklin Elders** for funding entertainment for our April party & funding our Memorial Day Breakfast.
- **Pat Llewellyn** for donating movies to our Monday Matinees.
- **Cape Cod Senior Softball League** for a generous donation in memory of **Bob Brady**.
- **Ed & Jean Hunchard** for a generous donation in memory of **Armand & Dorothy Bartolomei**.
- **Painted Lady Flower Farm** for donating flowers.
- **Dottie Perchard, Jean Tolland, Helen Reebenacker, Jodi Kanadanian, Lucy Semerjian, Mary Ellen Peso, Muriel Gayar, Vilma Pascucci, Jane Coppola, Charmaine LaPrise, Connie Comuso, Stephanie Saunders, Sandy Hunter, Josephine Birdman, Louise Breed, Merrell Mastin, Carol Walder, Lynda Strissell, Barbara Shea, Anne Woodring, Rowena Baker, Pat Padden, Marie Dalo, Gertrude Tolland, Cheryl Crowley, Susan Gabis, Sue Gurrie, Eileen Burnard, Dolores Slatkavitz, Ivan Callison,** for donating items to our Gift Shop.



Monday Matinee

Movies shown on Mondays, 1:15 pm

June 5: HIDDEN FIGURES (PG) Three brilliant African-American women at NASA served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit; with Olivier Spencer & Kevin Costner.

June 12: THE EDGE OF 17 (R) High school junior Nadine learns her older brother is dating her best friend. She feels more alone than ever, until a friendship of a thoughtful boy gives her hope that things might not be so terrible; with Woody Harrelson & Hailee Steinfeld.

June 19: HACKSAW RIDGE (R) The true story of Desmond Doss who saved 75 men in WWII, without firing or carrying a gun. An army medic and the only American soldier in WWII to fight on the front lines without a weapon, he evacuated the wounded from behind enemy lines and was wounded by a grenade and hit by snipers; with Andrew Garfield & Sam Worthington.

June 26: GOLD (R) A prospector teams up with a geologist to find gold in the jungle of Indonesia. Keeping their gold sparks an adventure through the most powerful boardrooms of Wall Street; with Matthew McConaughey.



Friends of Franklin Elders

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meeting is scheduled for Friday, Sept. 29. You are welcome to attend!



IT'S EASY & FREE TO SUBSCRIBE TO THE FRANKLIN CONNECTION



E-mail Subscription: Go to: www.franklin.ma.us and at the bottom of the page under '**Connect**', click on '**Email Notifications**', enter your email address, check off **The Franklin Connection**, type in the text where noted (to prove you aren't a robot) and you will be subscribed.

Mail Subscription: To receive each monthly issue of **The Franklin Connection** through the mail (if you reside in Franklin), please complete the information below and send it or drop it by the Senior Center at: 10 Daniel McCahill Street, Franklin, MA 02038.

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ADDRESS: _____

FRANKLIN, MA 02038

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| Marge Capezza, Secretary | Judy Pfeffer |
| Julie Garilli, Treasurer | Helen Power |
| Ron Higginbottom | Nan Rafter |
| Sheila Hooper | |

Memorial Donations

- ◆ Sylvia & Paul Ficco in memory of Ronald Stranieri
- ◆ Richard F. Lyons in memory of Carol A. Lyons
- ◆ Ruth & Louise Markarian in memory of Mary Markarian Bogioian
- ◆ Elizabeth W. Martin in memory of Bobby Rappa
- ◆ Ruth Emmons in memory of Paul Degnim
- ◆ Sue Barbour in memory of Marie Harrison
- ◆ Diane Crowley in memory of Marie Harrison
- ◆ Marjorie A. D'Amelio in memory of Caroline D'Amelio
- ◆ Dee Romsey in loving memory of Fred Romsey, Sr.
- ◆ Marion Arcaro in memory of Mike & Tillie Carlucci
- ◆ Carol Ellsworth & Family in memory of Ralph Hoar
- ◆ Michael & Clare S. Foley in memory of Jane Christy
- ◆ Donna Pare in memory of Bob Brady

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- ◆ Beth & Chet Fisk

Friends of Franklin Elders, Inc.

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& Donna Haynes
Supportive Day Program Aide.....Donna Brunelli
Health & Wellness Nurse.....Linda Hastings
Receptionists.....Claire Lewis
& Gloria Gelineau
Grill Cook.....Paul Ledwith
Respite Supervisor.....Camille Rubino
Respite Companions.....Karen Calabrese,
Mary Claire Flaherty & Susan LaRosa

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
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Franklin Senior Center

"Independence, Engagement & Connection!"

The Franklin Council on Aging meets on the second Tuesday of the month at 10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by:

- ◆ Identifying the needs of this population and creating programs that meet those needs.
- ◆ Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.
- ◆ Advocating for relevant programs and services in our community.
- ◆ Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.

And On The Lighter Side...

GOOD QUESTION

1. Can you cry underwater?
2. Do fish every get thirsty?
3. Why don't birds fall off trees when they sleep?
4. Why is it called a building if it's already built?
5. When they say dog food is new and improved, who tastes it?
6. If money doesn't grow on trees, why do banks have branches?
7. Why doesn't glue stick to it's bottle?

LAUGHING OUT LOUD!

- ◆ Instead of "the John", I call my toilet "the Jim". That way it sounds better when I say I go to the Jim everyday.
- ◆ Patience. What you have when there are too many witnesses.
- ◆ Lead me not into temptation... Oh who am I kidding, come with me, I know a shortcut!
- ◆ My wife asked me to pass the lip balm. I gave her super glue by mistake. She's still not talking to me.
- ◆ Did you hear about the kidnapping at school? It's ok, he woke up.
- ◆ Taking naps sounds so childish; I prefer to call them horizontal life pauses.

